



# South Belfast Winter Cost of Living Support Plan

Contact Strategic Health Officer  
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Belfast  
City Council



Public Health  
Agency

Project supported by the PHA

# Forward South Partnership

Forward South Partnership is a charity working to regenerate and sustain a healthy and prosperous South Belfast. We are part of a citywide structure known as the Belfast Area-Partnerships which have led community regeneration initiatives.



## Belfast Roma Hub

Belfast Roma Hub is facilitated by Forward South Partnership. The Roma Support Hub is the central and coordinated point of contact for individuals from the Roma Community. Advice Clinics are held at Belfast Roma Hub with Advice NI on:

- **Wednesdays 9am-5pm** Welfare Benefits Clinic
- **Thursdays 9am-5pm** EUSS EU Settlement Scheme Clinic

Contact the **Belfast Roma Hub Advice Line** on **07842310477** for a appointment



## Social Supermarket Food Support

Forward South Partnership have limited support methods that can be provided South Belfast wide that can support families and individuals who are struggling with the cost of living. We have limited fresh food packs, food vouchers and hygiene packs. If you require any support please contact Emily on [emily.brown@forwardsouth.org](mailto:emily.brown@forwardsouth.org)



# Belfast Family Support Hub Network



A Family Support Hub brings together organisations that can offer support to families with children (0-18 years). This includes community, statutory and voluntary organisations.

Each Hub has a Co-ordinator who has a good knowledge of local support services for families and will work in partnership with you and your family to connect you to the most appropriate supports.

If you decide to seek support through your local hub your family's needs will be the focus. Support options will be offered. The Hub will always act professionally and respect confidentiality.



Any family member can request support from the Hub. A request for support can also be made, with your permission, by someone already working with you. For example, your child's school, a local community group or your Health Visitor. Each Service Request Form must be signed by an appropriate family member to confirm they are happy for the referral to go ahead.

Services available through the Family Support Hub may include: **Emotional Health and Wellbeing, Family Support, Employability Support, Drugs & Alcohol Support, Advice & Guidance, Mentoring and Youth Support.**

## Contact Details

Family Support Hub (South Belfast One) - 028 9031 2377

Family Support Hub (South Belfast Two) - 028 9023 5451



# Financial and Welfare Advice

Services are available to help individuals to resolve their legal, money and other issues by providing free, independent and confidential advice.



## Make The Call

To make sure you are getting all the benefits, services and supports you are entitled to, make the call **0800 232 1271**. Phone lines are open Monday to Friday 9am -5pm (excluding public holidays). This service is for Northern Ireland residents only.

## Citizens Advice

Free Debt Service is available by Freephone (free to mobiles & landlines) **0300 123 3233**. The service is delivered by Advice Space in Belfast [www.citizensadvice.org.uk/about-us/northern-ireland](http://www.citizensadvice.org.uk/about-us/northern-ireland)



## Employers For Childcare

Family Benefit Advisors provide free, impartial and confidential advice to help working parents maximize their income and make sure that they know their rights and entitlements. You can contact them on **0800 028 3008**

## Healthy Start

The Healthy Start Scheme provides help for eligible families & those who are pregnant to buy healthy food & milk in local shops. Healthy Start provides a pre-paid card to help those eligible to buy milk, fresh, frozen or tinned fruit and vegetables and fresh, dried or tinned pulses in local shops. You can visit

[www.nidirect.gov.uk/articles/free-milk-fruit-vegetables-and-vitamins](http://www.nidirect.gov.uk/articles/free-milk-fruit-vegetables-and-vitamins) to see if you are eligible.



## GEMS NI Clothing Bank

GEMS NI are facilitating a Clothing Bank to support families in South Belfast. The clothing bank is only accepting appointment. Please contact Patricia Cusack on 077390 71423 to avail of the clothing bank.

## Welfare Changes Helpline

The independent Welfare Helpline is available for anyone needing help or advice about any changes to the welfare system, including practical tips on how to make your money go further. You can contact them on **0800 915 4604**



## Advice NI

Advice NI offers free, independent, high quality advice on issues such as benefits, debt, housing, employment, community care, EU Settlement, Consumer Issues and Disability. You can contact Advice NI on **0800 915 4604** or email for advice at **[advice@adviceni.net](mailto:advice@adviceni.net)**

## Christians Against Poverty (CAP)

CAP provides free professional debt help, job clubs, life skill groups and money education. CAP delivery in South Belfast in Lowe Memorial Presbyterian Church and City Church. You can contact CAP on **0800 328 0006** or visit **[www.capuk.org](http://www.capuk.org)**

## Housing Rights

Housing Rights Helpline provides advice on homelessness, social tenancies, renting privately, Housing Executive or Housing Association rent arrears. They also provide mortgage debt & repossession advice. You can contact Housing Rights on **028 9024 5640** or visit their website at **[www.housingadviceni.org](http://www.housingadviceni.org)**



## Money Helper

Money Helper offers guidance on Benefits, Family, Savings, Everyday Money, Homes, Retirement & Pension and Work. The advice can be provided online or over the phone. Money Help can support you and your family's needs. You can contact them on **0800 138 7777**

## The Consumer Council

The Consumer Council offers free, independent support and advice to all consumers and businesses in NI. Consumer Council also provides advice on how to save money and manage your household budget. You can contact Consumer Council on **028 902 51600** or **[contact@consumercouncil.org.uk](mailto:contact@consumercouncil.org.uk)**



## NI Energy Advice

This is a NI-wide service offers free and impartial advice to all NI Households. The One-Stop Shop for energy advice across NI, the service offers you information to help with energy efficiency grant signposting, renewable energy advice, energy saving tips, how to switch energy provider, debt assistance, fuel poverty advice signposting. Contact details are:

**NIenergyadvice@nihe.gov.uk or 0800 111 4455**



## Carers NI

Carers Northern Ireland works with and for Carers to provide support and information on issues such as Carers benefit, community care and services for Carers. Carers NI have a range of supportive services including Financial Support, Practical Support, Health and Wellbeing and more. **Please visit**

**[www.carersuk.org](http://www.carersuk.org) for further information.**



## Age NI

If you, or an older person you know needs advice, information or practical support on a wide range of issues including welfare benefits, community care, housing and health, contact the Age NI Advice Service to speak to a specialist advisor in confidence. **You can contact Age NI Advice Service Freephone on 0808 808 7575 Available Monday - Friday 9am-5pm.**

## Advice Services in South Belfast

There are Advice providers in South Belfast that can help you if you need help with benefits, consumer debt, employment or housing issues. The generalist advice centres in South Belfast provide free, confidential and independent advice. Advice Centres in South Belfast are:

- **Ballynafeigh Community Development Association**, Ballynafeigh Community House, 283 Ormeau Road BT7 3GG. 028 9049 1161
- **South City Resource Centre**, 2 Maldon Street BT12 6HE. 028 9028 5060



## Belfast Warm and Well

The Belfast Warm and Well Project aims to help local people struggling to keep their home warm this winter, by offering advice and practical support to stay warm and well. The project is available to vulnerable people including:

- People aged 65 years or older;
- People living with disability or long term physical or mental health condition;
- Pregnant women;
- Households with young child
- People on a low income

**You can contact NEA on 028 9023 9909 for help.**

## Fuel Stamp Scheme

The Fuel Stamp Scheme is available in Belfast and the Fuel Stamp Scheme "Stay Warm" helps households save for home heating oil by spreading the cost of your fuel. You can purchase oil stamps from participating retailers, collect them on savings card and use the value of the stamps to pay for all or part of your oil when placing an order. There are a limited number of retailers in South Belfast where you can pick up a "Stay Warm" Savings Card:

- Finaghy Post Office (Creighton's Garage) 87-89 Upper Lisburn Road BT10 0GY
- Upper Malone Post Office 326 Upper Malone Road BT9 5NA
- Cecil Ward Building (Main Reception Area) 4-10 Linenhall Street BT2 8BP



## Belfast Handyman Home Safety & Repair Scheme

Belfast Safer Home service is aimed at people aged over 65 years or vulnerable adults living in the Belfast area.

Individuals can get a free home safety check and where necessary you can get access to free accident prevention equipment. If the home safety check highlights any repair work needed to protect against slips, trips or falls you can get a subsidised rate to have the repair work carried out. **To make a referral you can free phone 0800 14 22 865 or**

**handyman@brysonenergy.org**



# Financial Support



The Finance Support Service supports people who live in Northern Ireland that need short-term financial help.

## Social Fund Budgeting Loan

This can help if you need money for essential household items. Budgeting loans help with costs such as **furniture or essential household equipment, clothing, footwear or home improvements**. The loans are interest free. You may be able to get a Budgeting Loan if you or your partner have been continuously receiving income support, income based job seekers allowance, income related employment & support allowance and pension credit for the past 26 weeks.

## Short Term Benefit Advance

You may be able to get help if you made a new claim to benefit other than Universal Credit and are having money problems. To be eligible for a short term benefit advance you must:

- Have a new or repeat claim for a benefit other than UC, or have reported a change in circumstances that increases your rate of benefit you currently receive
- Not have access to any other fund or support
- Be in urgent financial need that could put your or your family's health, safety or wellbeing at immediate risk
- Be able to repay advance within 12 weeks

You can visit [www.nidirect.gov.uk](http://www.nidirect.gov.uk) for further information

## Universal Credit Contingency Fund Short-Term Living Expenses Grant

A Universal Credit Contingency Fund short-term living expenses grant can help with the cost of living (for example, to buy food, toiletries or cleaning materials or to top up your fuel meter) if you are in financial difficulty while you are waiting for your first full Universal Credit award to be paid.





## Help With Health Costs

Most Health Services are free, however there can be charges for some things. Depending on your circumstances, you might get help with some treatments, services and items. If you are eligible you may be entitled to the following:

- Free HS Dental Treatment
- Free Sight Tests
- Vouchers Towards the cost of Glasses or Contact Lenses
- Help with the costs of travel for treatment on referral by a doctor or dentist



You can visit [www.nidirect.gov.uk/articles/help-health-costs](http://www.nidirect.gov.uk/articles/help-health-costs) for further information

## Social Fund Sure Start Maternity Grant

If you are receiving certain benefits or tax credits, you could get a Sure Start Maternity Grant. This is one-off, tax-free payment to help towards the costs of maternity expenses and baby items. You do not need to pay it back. To qualify for the payment, usually you must have no other children in your family & you must get one of the following benefits: Income Support, Income-Based Jobseekers / ESA, Pension Credit, Child Tax Credit, Working Tax Credit & Universal Credit. You can visit [www.nidirect.gov.uk/articles/social-fund-sure-start-maternity-grant](http://www.nidirect.gov.uk/articles/social-fund-sure-start-maternity-grant) for further information.



## Winter Fuel Payment

A Winter Fuel Payment can help you pay your heating bills. If you are eligible you could get between £250 and £600 to help you pay your heating bills. **If you were born before 25th September 1957** you could receive this payment. If you are eligible you will get a letter in October or November stating how much you will get. If you do not get a letter but you think you are eligible you can make a claim by ringing **0800 731 0160**

## St Vincent De Paul

St Vincent De Paul offer confidential, person centred non judgmental services to individuals and families such as direct financial assistance, other essential items such as food, fuel and household items. **You can contact St Vincent De Paul on 028 903 51561 or [info@svpni.co.uk](mailto:info@svpni.co.uk)**



## Bereavement Support Payment

This provides financial help to deal with the immediate costs caused by the death of a partner. It is paid where the death of the death was on or after 6th April 2017.

You qualify for Bereavement Support Payment if you & your partner were either:

- Married
- In Registered Civil Partnership
- Living together as if you were married, at a time of your partners death. You must have either entitlement to Child benefit or have been/are pregnant at the time of partners death

You can visit [www.nidirect.gov.uk/articles/funeral-expenses-payments](http://www.nidirect.gov.uk/articles/funeral-expenses-payments) for further information

## Funeral Expenses Payments

If you're on a low income and need help to pay for a funeral you're arranging, you may be able to get a Funeral Expenses Payment from the Social Fund. You might have to repay some or all of it from the deceased person's estate. To check if you are eligible for the payment please visit

[www.nidirect.gov.uk/articles/funeral-expenses-payments](http://www.nidirect.gov.uk/articles/funeral-expenses-payments) for further information



## Discretionary Support

If you are in extreme or exceptional situation or you are in crisis you can apply for help from the Discretionary Support. Depending on your personal circumstances you could be offered either an interest free loan or a grant that you would not have to pay back. The support can help with:

- Short Term Living Expenses (for example food)
- The cost of buying, repairing, replacing basic household items (for example cooker)
- Travel Expenses (in limited circumstances)
- Rent you have to pay in advance to a landlord other than the NIHE



# Financial Help If You're a Student with Children



## Parent's Learning Allowance

You may be eligible for help with your learning costs if you're a full time student with children. The allowance does not have to be paid back, is paid on top of your other student finance and will not affect your benefits or tax credit. In the 23/24 academic year you could get between £50-£1,538 a year. To check if you are eligible visit

[www.studentfinancenl.co.uk](http://www.studentfinancenl.co.uk)

## Care To Learn Scheme

If you're a parent aged between 16-20 and studying at a further education college, the Care To Learn (NI) Scheme could help towards your childcare costs. To check if your eligible you can visit

[www.nidirect.gov.uk/articles/care-learn-scheme](http://www.nidirect.gov.uk/articles/care-learn-scheme)

## Childcare Grant

This is a grant to help pay towards the costs of childcare while you are studying (Full Time, Undergraduate Courses). You can apply for a childcare grant alongside any other available finance as part of your student finance application each year. To check if you are eligible visit [www.studentfinancenl.co.uk](http://www.studentfinancenl.co.uk)



## Student Union Advice

During your time at university or college you may need advice affecting your personal or student finances. Student Union Advice will be able to provide information and guidance on Money, Funds, Scams, Health & Wellbeing, Employment and Housing. You should contact your advice teams in your college or university.

## Support Funds

Support Funds are provided by the Department of Economy to eligible students through the five high education institutions in Northern Ireland. Support funds can help with course costs, living costs, emergency payment for unexpected financial crises. For further information please visit

[www.nidirect.gov.uk/articles/support-funds](http://www.nidirect.gov.uk/articles/support-funds)



# Food Support in South Belfast

## South Belfast Food Bank

South Belfast Food bank helps local people that are in crisis. There are many agencies across South Belfast that are able to help issue a food bank voucher and address some of the issues you are facing. Agencies include Advice NI, Advice Space, Forward South Partnership and your local MLA's and Councillors.

## Greater Village Regeneration Trust

GVRT Community Fridge is opened Monday to Thursday 10am-3pm & Friday 10am-12. **The Community Fridges provides support for the following areas only - Donegall Road, Village, Sandy Row & Donegall Pass.** GVRT Cosy Club happens on Tuesday 1pm-3pm (fortnightly) in Donegall Road Methodist Church. Please check out GVRT social media for updates.

## Agape Centre Community Meal

The Agape Centre, 236 Lisburn Road BT9 6GF facilitates a **Community Meal every Friday 6pm-7pm.** The Community Meal is open to all in the community and provides the opportunity to make connections in within your local community





## Ballynafeigh Methodist Church Community Meal

The Ballynafeigh Methodist Church, 388 Ormeau Road BT7 3GZ facilitates a **Community Meal every Thursday 6pm-7pm.**

The Community Meal is open to all in the community and provides the opportunity to make connections in within your local community

## Ravenhill Presbyterian Church



Ravenhill Presbyterian Church are hosting a **Breakfast Club** for all children in P1-P6 in Church Halls with games, stories and more on **Sundays 10.30am-12pm.**

Free Food Fridays are available at Ravenhill Presbyterian Church from 9.30am every Friday. You can take what food you need without any questions.

## Belfast Citadel Salvation Army Church and Community Centre

Belfast Citadel Salvation will be hosting a **Community Meal and Hot Drinks on Thursday's from 5pm.** Belfast Citadel Salvation Army Church is based at **38 Dublin Road, BT2 7HN.**

Please keep up to date with Belfast Citadel Salvation Army Church and Community Centre



# Warm Spaces in South Belfast

## Cosy Hubs Ballynafeigh

Community Hubs & Churches along the Ormeau Road have come together to facilitate warm spaces.

### Tuesday

Annadale Community Centre 12.30pm-2pm

Cooke Centenary 12.30-2.30pm

### Wednesday

St Judes 12pm-1.30pm



### Thursday

Good Shepherd 10.30am-12.30pm

Ballynafeigh Methodist 6-7pm

Ballynafeigh Community Development Association  
5pm-7pm

### Friday

St John's 10.30am-12.30pm

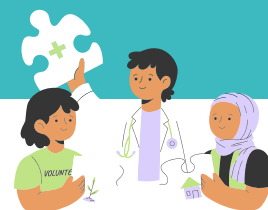


## Mornington Community Project

Mornington Community Project are hosting a Cosy Hub  
**Every Friday Morning 12pm-2pm.**

A warm space with a big friendly welcome. Tea Coffee  
and Hot Soup provided.

117 Ormeau Road BT7 1SH





# Warm Welcome Spaces

Warm Welcome Spaces is a UK Wide Campaign that provides warm and welcome spaces through the power of local spaces by the community. Warm Welcome will ensure everyone has somewhere warm and friendly to go. There are a few registered Warm Welcome Spaces in South Belfast:

## **The Hub, Lowe Church Finaghy**

The Hub Cafe at Lowe Church Belfast opens on a Wednesday Morning 10.30am-12.30pm.

## **Finaghy Methodist Church**

The Church opens on Tuesday Morning 10.30am-12noon for a Coffee Drop-In.



# Belfast City Council

Belfast City Council has 27 community centres throughout the city, that provide a warm and welcoming space as well as a varied programme of activities for everyone.

To find out what's on in your local centre please contact:

**[community@belfastcity.gov.uk](mailto:community@belfastcity.gov.uk)**

**or T: 02890 320202.**



# Asylum Advice Belfast

<p><b>Arabic</b></p> <p>إذا كنت طالب لجوء و تسكن في بلفاست و تحتاج الي نصائح و دعم, تواصل معنا عبر الطرق الاتية هاتف: 02890735399 واتساب: 07714136216</p>	<p><b>Tigrinya</b></p> <p>ኣብ በልፋስት ትቕመጥ ሓታቲ ዑቕባ ኮይንካ ምኽሪ ወይ ሓገዝ እንተደሊኻ ብቐንዲ መስመር ምኽሪ 02890735399 ወይ ድማ ብዋትስአፕ 07716090994 ርኽቡና።</p>
<p><b>Farsi</b></p> <p>اگر پناهجوی ساکن بلفاست هستید و نیاز به مشاوره یا پشتیبانی دارید، لطفاً با 02890735399 یا واتساب 07840720189 تماس بگیرید.</p>	<p><b>Somali</b></p> <p>Haddii aad tahay qof magangalya doon ah oo kunool Magaalada Belfast, ood ubaahantahay latalin ama caawin fadlan kala laxariir nambarkan 02890735399 shaqaalaha hayada ee dadka lataliyo ama nambarkan WhatsApp ka kawac 07840720194.</p>

Advice & Support for Asylum Seekers living in Belfast.  
Multi – lingual team & Interpreting provided.

Monday - Friday 10am - 4pm

 02890735399

 07714136216

 [asylumadvicebelfast@redcross.org.uk](mailto:asylumadvicebelfast@redcross.org.uk)



Send us an E-mail





# Coffee Morning for over 55s

Come join our coffee morning aimed at reducing feelings of isolation and loneliness. Hosted by the Red Cross the coffee morning is open to anyone in Belfast over the age of 55. Come along if you would like to meet new people, make new friends and get advice on support available in the community.

**Date: 3rd Thursday of the month Time: 11am - 1pm**

**Venue: Yallaa Café**

**Address: 2 Royal Avenue, Belfast, BT1 1DA**

**Contact name: Rosie Jenkins**

**Contact phone: 07921 404092**

The British Red Cross Society, incorporated by Royal Charter 1908, is a charity registered in England and Wales (220948), Scotland (SC037738), Isle of Man (0752) and Jersey (432).  
Photo: © Joanne Crawford/British Red Cross.

**The power  
of kindness**



## Keep Warm this Winter

The Red Cross is offering Winter Warm packs free of charge to anyone over 55 struggling to keep warm this winter.

Packs include an array of items to keep you warm during the colder weather including a thick blanket, thermal socks, a fleece jumper among others. For more information contact us using the details below.

**Contact name: Rosie Jenkins**

**Contact phone: 07921 404092**

**Contact email: [rosemaryjenkins@redcross.org.uk](mailto:rosemaryjenkins@redcross.org.uk)**



# EMOTIONAL HEALTH AND WELLBEING IN EDUCATION



THERE ARE A RANGE OF SERVICES AND RESOURCES AVAILABLE TO HELP SUPPORT THE EMOTIONAL HEALTH AND WELLBEING OF CHILDREN AND YOUNG PEOPLE IN EDUCATION. CLICK ON THE LINKS FOR MORE INFORMATION

## CHILDREN AND YOUNG PEOPLE

### TEXT A NURSE

The confidential Text A Nurse service for post-primary pupils is available Monday to Friday 9am-5pm. Contact numbers for your area can be found on the PHA website - [Text A Nurse - pupils](#)

### INDEPENDENT COUNSELLING SERVICE FOR SCHOOLS (ICSS)

Available to post-primary age young people - ask your school / setting for more details.

### YOUTH WELLNESS WEB

Website by Children and Young People's Strategic Partnership (CYPSP) providing a range of wellbeing resources - [Youth Wellness Web](#)

### OUR GENERATION APP

The Our Generation App (Peace IV funded project) - play games, collect stars and learn about mental health and resilience. Download from [Google Play](#) or [Apple Store](#)

## PARENTS/ CARERS

### TEXT A NURSE

The confidential Text A Nurse service is available Monday to Friday 9am-5pm and can be accessed by parents, carers and school staff. Contact numbers for your area can be found on the PHA website - [Text A Nurse](#)

### SOLIHULL ONLINE COURSES

Free online courses for all parents, carers, grandparents and teens. Nurturing emotional health and wellbeing from bump to 19+ years. Help understand your child's feelings as well as your own - find out more at [Northern Ireland - inourplace](#)

### RISE NI

RISE NI Website provides information for parents from health professionals to help develop the foundational skills for learning. Visit [RISE NI](#) for more information.

## SCHOOLS

### TEXT A NURSE

The confidential Text A Nurse service is available Monday to Friday 9am-5pm and can be accessed by parents, carers and school staff. Contact numbers for your area can be found on the PHA website - [Text A Nurse](#)

### RISE NI

Contact your local Health Trust Coordinator for more information.

### REACH

Education Authority Youth Service led programme available in schools for children and young people aged 6-19. Visit [REACH](#) to submit a request for support.

### BEING WELL DOING WELL

The [Being Well Doing Well](#) programme aims to support schools (nursery, primary, post primary, special and EOTAS) to develop a Whole School Approach to Emotional Health and Wellbeing.

### EMOTIONAL WELLBEING TEAMS IN SCHOOLS

Health practitioner support for post-primary schools. Find out more at [Schools - EWTS](#)

### CCEA WELLBEING HUB

The hub provides a range of helpful and relevant learning activities that can support promoting mental health and wellbeing. Click [Schools - CCEA Hub](#) to find out more.

### EA HEALTH WELL HUB

Health and Wellbeing support for staff. Click [EA Health Well Hub](#) to find out more.

## FURTHER INFORMATION

### YOUR CHILD'S MENTAL HEALTH

Visit [NI Direct](#) for more information.

### DIRECTORY OF SERVICES

These directories list the organisations that offer services to help improve mental health and emotional wellbeing. Find out more at [Directory of Services](#).

### TAKE 5 STEPS TO WELLBEING

Most of us know when we are mentally and physically well, but sometimes we need a little extra help to keep well. Find out more at [Take 5 Steps](#).

### SUPPORTING LEARNING

Useful information on helping your child with their education. Find out more on [NI Direct](#).

The Department of Education recognises the importance of emotional health and wellbeing and in collaboration with the Department of Health published the Emotional Health and Wellbeing in Education Framework in 2021 where you can find out more - [EHW in Education Framework](#)





# Belfast Warm and Well

**The Belfast Warm and Well Project aims to help local people struggling to keep their home warm this winter, by offering advice and practical support to stay warm and well.**

The project is available to vulnerable people who are finding it difficult to keep their home warm. Vulnerable refers to a number of different groups including:

- People aged 65 years or older;
- People living with disability or long term physical or mental health condition;
- Pregnant women;
- Households with young child (from newborn to school age);
- People on a low income.

Signs that a person may be finding it difficult to keep their home warm could be, for example:

- The home is cold – you may have to keep your coat on when inside.
- There is condensation on the windows.
- There are signs of damp on the walls or ceilings.

Belfast Warm and Well, will be coordinated by National Energy Action (NEA) who will work with local community and voluntary groups, to provide helpful independent and confidential advice and practical support.

If you are vulnerable and finding it difficult to keep your home warm, contact NEA on 028 9023 9909 or [warmandwell@nea.org.uk](mailto:warmandwell@nea.org.uk) to see if they can help.

**If you are concerned that someone you know is vulnerable and finding it difficult to keep their home warm, ask them if they would like to speak with NEA and if they do, contact NEA on 028 9023 9909 or [warmandwell@nea.org.uk](mailto:warmandwell@nea.org.uk).**



## Top tips for staying warm and well this winter

### Stay Warm

- Heat the main living area of your home to at least 18°C.
- Heat your bedroom to at least 16°C and keep your bedroom window closed during the night.
- Set your heating to come on before you get up and to go off when you go to bed.
- Have your heating system checked yearly and check if you are entitled to any financial support for home improvement grants.
- Eat at least one hot meal each day and regularly have hot drinks throughout the day.

(Speak to a member of the NEA team to see how they can help you to stay warm this winter).

### Stay Well

- Get your free flu jab.
- Make sure you get your prescription medicines before your pharmacy or GP Practice closes for the holidays.
- Try to keep to your routine and stay in contact with family and friends.
- Try to eat plenty of fruit and vegetables – stews and soups are a great way to do this.
- Keep active around the house and try not to sit in the one place for too long.

(Speak to your local Pharmacist or GP Practice to see how they can help you to stay well this winter.)

For further information please visit: [www.nea.org.uk](http://www.nea.org.uk).

Belfast Warm and Well is coordinated by National Energy Action (NEA) and is supported by Community Planning Partners from across Belfast.



Energising  
**Belfast**

# BELFAST ROMA HUB



## Roma Help Line

07842310477 (Romanian)

07395318943 (Slovak)

CALL US IF YOU NEED HELP DEALING WITH:

- HOUSING ISSUES
- ACCESS TO WELFARE
- HATE CRIME
- DISCRIMINATION
- EMPLOYMENT ISSUES
- ACCESS TO FOODBANKS
- OR ANY OTHER QUERIES - EUSS

We can offer direct support or we can put you in contact with qualified services

This service is available in English, Romanian, Slovak

This is a free and confidential service



@Roma Support Hub Belfast



# SOUTH BELFAST DEMENTIA CARERS CAFE



**CARERS CAFE SPECIFICALLY FOR  
THOSE WHO CARE FOR SOMEONE  
LIVING WITH DEMENTIA WITHIN  
SOUTH BELFAST**



**JOIN US THE LAST TUESDAY OF THE  
MONTH IN ORMEAU ROAD LIBRARY  
10AM - 11.30AM**

**FOR FURTHER INFORMATION PLEASE CONTACT  
MARIE MCGARRY:  
COMMUNITYHEALTH[AT]FORWARDSOUTH.ORG OR  
07394569154**






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**"We have fostered a greater sense of community and cooperation between organisations, participants, and stakeholders"**

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**23 University Street | Belfast | BT7 1FY**

 **028 9024 4070**

 **ForwardsouthPB**

 **ForwardsouthPB**



**Belfast  
City Council**

 **Public Health  
Agency**

Project supported by the PHA